OVERCOME BURNOUT

This zine is designed to support mental well-being and help young people overcome the symptoms of burnout they experience today.

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OVERCOME BURNOUT

burn·out
/ˈbɜːn.aʊt/
a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress

relax...
take a deep breath.

let's enjoy this journey together, okay?

maybe...
you've been in this position before.

tired

exhausted

overwhelmed

unmotivated

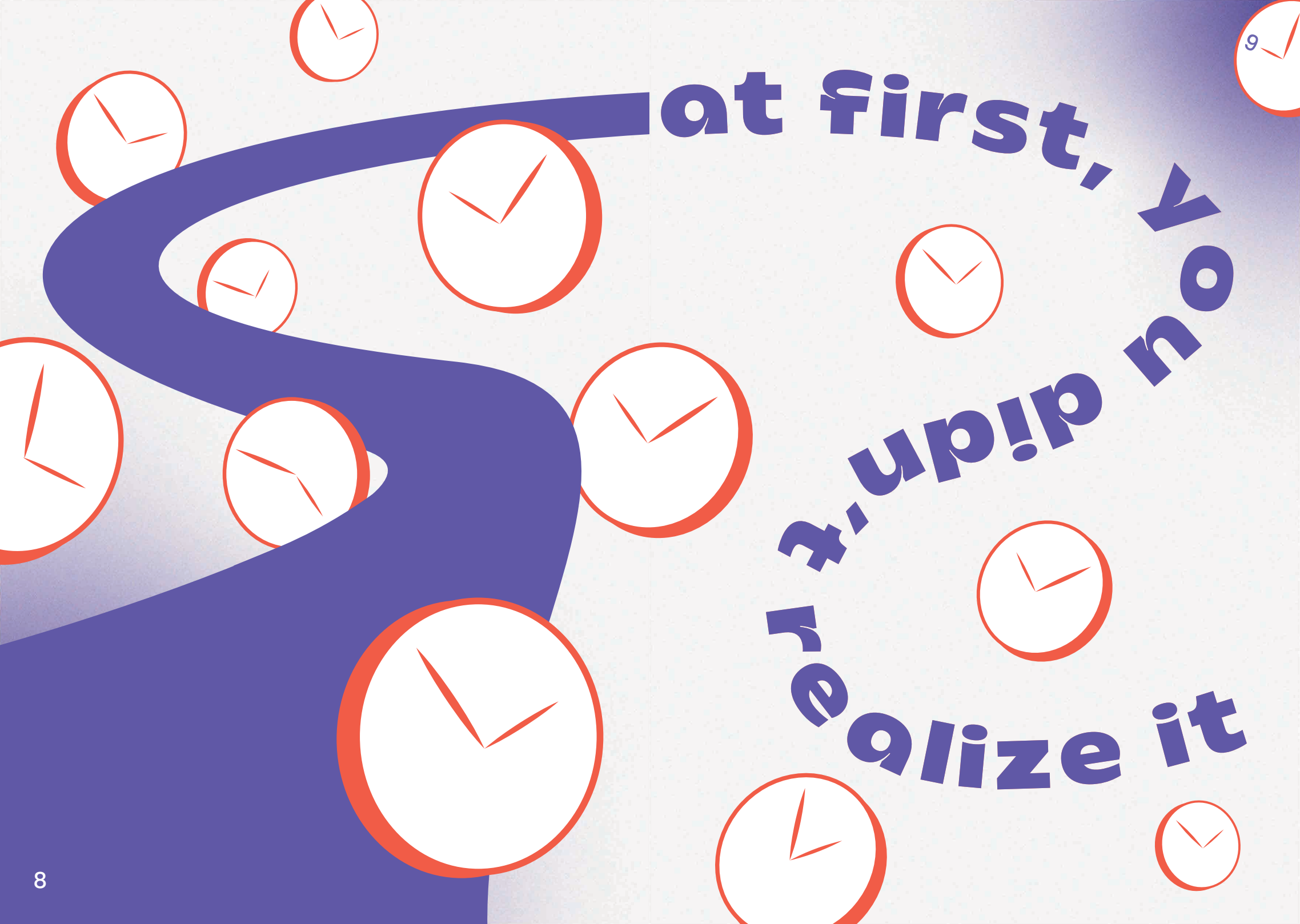
anxious

hopeless

stress

burnout.

What happened to me?


at first, you didn't realize it

it usually starts
with the words...

I CAN DO IT

no matter how much,
you take it all without caution

send yes to all

"Knowing yourself is the beginning of all wisdom."

Aristotle

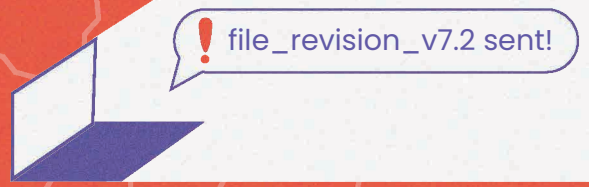
eventually, you realize that your schedule is chaotic and you can't handle doing everything at once.

this is why it's so important to have "self-awareness" to recognize what you are capable of handling and what you are not.

None of this would have happened if you had the courage to say no.

sometimes you're ~~overly~~ ambitious & set your expectations ~~too high~~

outcomes that don't match your expectations can often trigger feelings of disappointment and despair. when this continues to build up, it can serve as an early indicator of burnout beginning to take hold.



being optimistic is good,
but being prepared for
the worst is better

being realistic
is never a bad thing

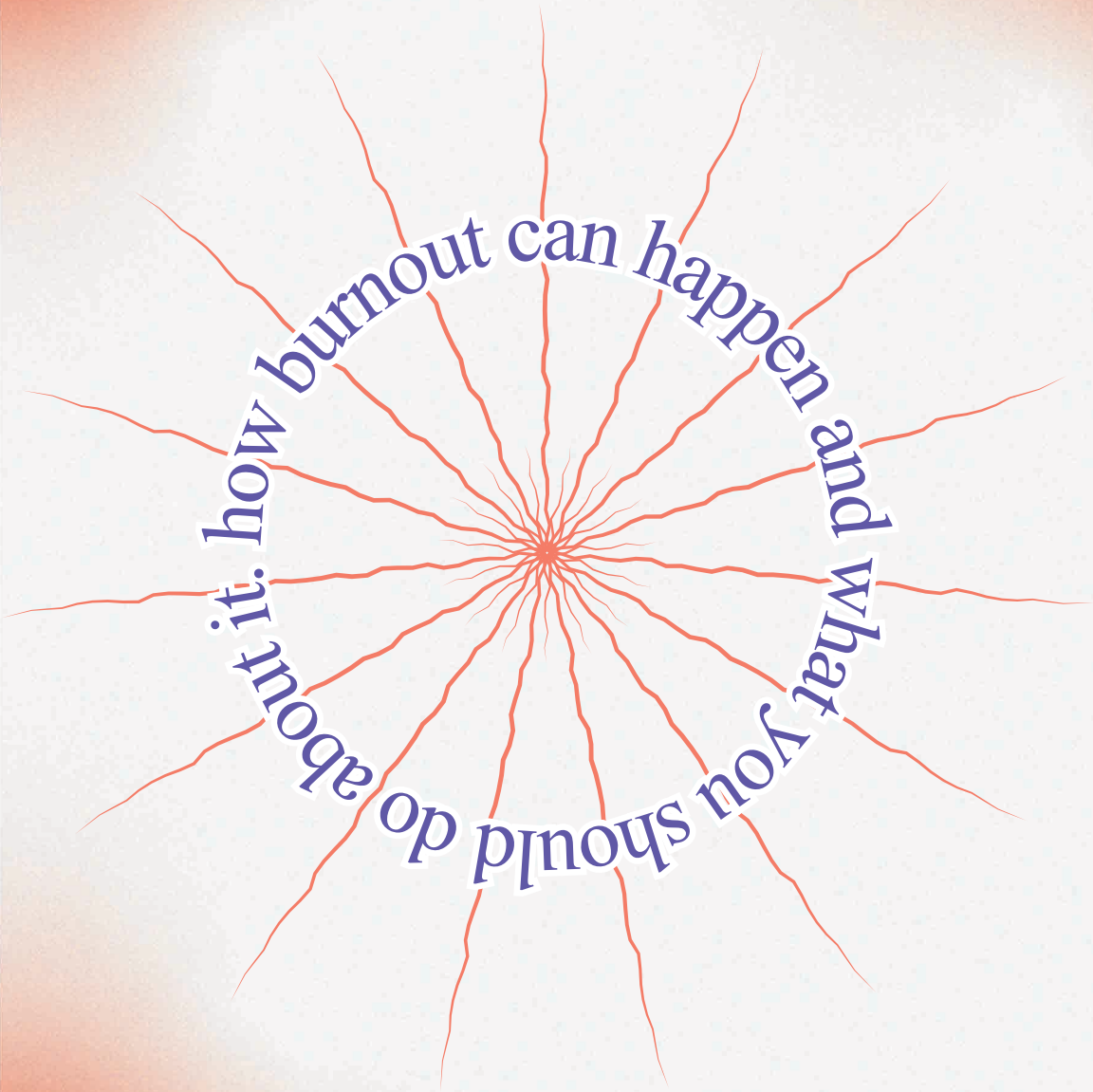
"procrastination is the thief of time."

Edward Young, 1972

if procrastination becomes a habit, it can eventually lead to burnout. constantly delaying tasks often results in last minute pressures, longer work hours, and mounting stress, which can overwhelm both mind and body.

this ongoing strain, combined with feelings of falling behind, can leave a person emotionally exhausted, disconnected, and struggling to handle even simple responsibilities. those things are some of the key signs of burnout

those are just a few example of



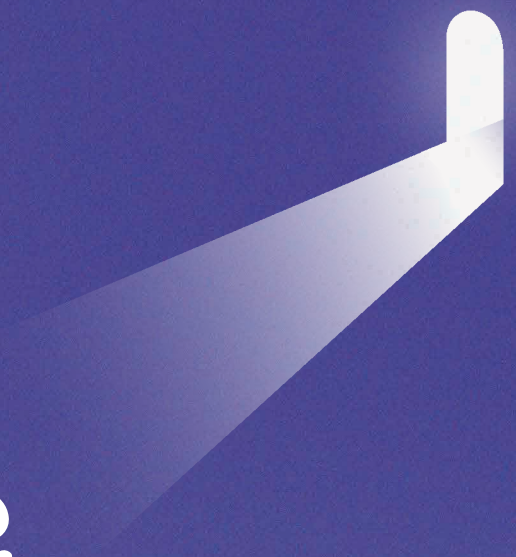
anonymous -

but, what if it's already happened and you're stuck in this situation?

without proper care, burnout symptoms may become more severe.

but don't worry...you're gonna be okay. relax and calm your mind. when you experience burnout, the very first thing you should do is to give yourself a moment to be at ease.

Aristotle Onassis - **it's during our darkest moment, that we must focus to see the light.**



Aristotle expressed this statement as a form of gratitude for whatever happens

even in the midst of difficulties, there are always things worth appreciating. our struggles, the time we've sacrificed, the soul & energy we've poured in, all of which shape who we are today.

it's important to remember that nothing ever goes to waste. every chapter of our life's journey carries a lesson. it's only natural that our experiences become our greatest teacher.

on the other hand, light also symbolizes hope. no matter how many challenges you face, it's okay to ask for help. it doesn't make you weak, but shows you're human and value your well-being.

in the middle of the storms we face, there is always a way to overcome them. the struggles you face today are not meant to break you, but to shape you into someone stronger and wiser.

you can start

meditation is a relaxation technique that helps train the mind to analyze, draw conclusions, and take action in dealing with problems.

breathe in slowly

meditation has the ability to release us from subjective thoughts that often cloud our judgment. by calming the mind and creating distance from emotional bias, we gain the capacity to see problems from a broader and more objective perspective.

through this clearer lens, we can better identify where mistakes have occurred, understand the root of the issue, and ultimately discover the most effective solutions to overcome them.

as a wise man once said "it's always the simple, yet effective method that always works". meditation doesn't require money or complicated steps. you just need to find a place where you feel relaxed.

with meditation

repeat the process several times until you start to feel better. allow yourself to breathe slowly and steadily, giving your mind and body the space to relax with each cycle.

then exhale gently

dont overthink it, everything will be okay

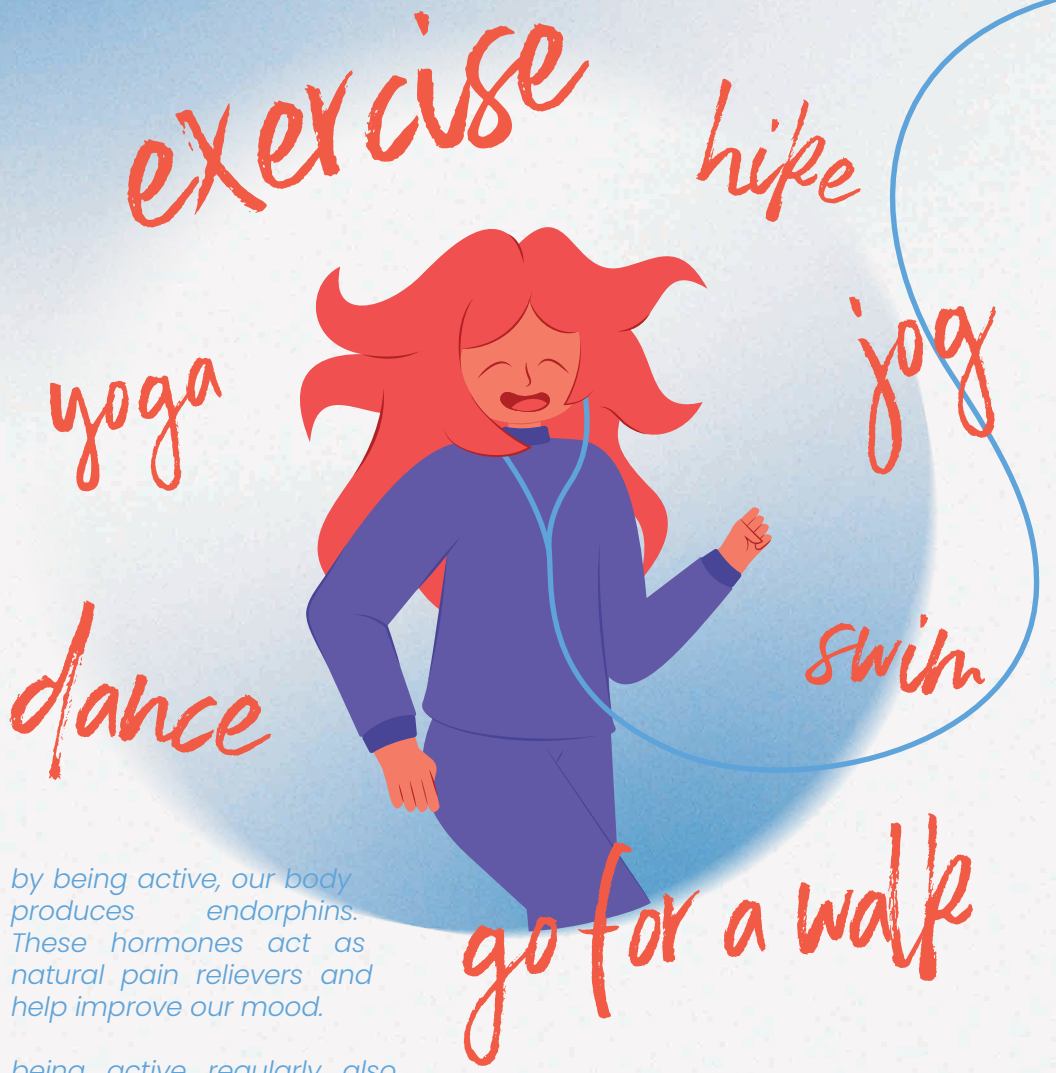
in general, people who suffer from the symptoms of burnout are very prone to falling into the trap of overthinking.

their minds tend to dwell on negative possibilities, imagining the worst-case scenarios that may never even happen.

instead of finding solutions, this cycle of thoughts only adds more pressure, deepening feelings of anxiety and stress.

over time, such patterns don't just cloud judgment but take a toll on mental health, making recovery harder.

you're here,
ur problems ain't
as big as they seems.



by being active, our body produces endorphins. These hormones act as natural pain relievers and help improve our mood.

being active regularly also helps maintain our physical health.

you can totally listen to some music while doing it. here, i've made a playlist for you to enjoy. whether you need a boost of motivation or just some time to relax.

Burn the Burnout

disc 1 *to motivate you again*

1	**Money Trees** *Kendrick Lamar, Jay Rock*	6:27
2	**CAN'T STOP THE FEEELING!** *Justin Timberlake*	3:56
3	**Super Shy** *NewJeans*	2:35
4	**Keep Being You** *Isyana Sarasvati*	3:22

disc 2 *when you need to relax*

1	**White Ferrari** *Frank Ocean*	4:09
2	**All I Want** *Kodaline*	4:51
3	**Last Summer Whisper** *Anri*	5:00
4	**Diam** *Payung Teduh, Orkes Panawijen*	4:07

enjoy your day off

when you have a day off, make the most of it. take the time to enjoy yourself, recharge your energy, and do the things you love.

you're free to do whatever you want. whether it's relaxing at home, going out with friends, or trying something new, as long as you're having fun and making it meaningful for yourself.

9.00	*wake up*
11.00	*take a shower*
12.00	*all you can eat session*
15.00	*little jog*
18.00	*journaling*
20.00	*movies time*

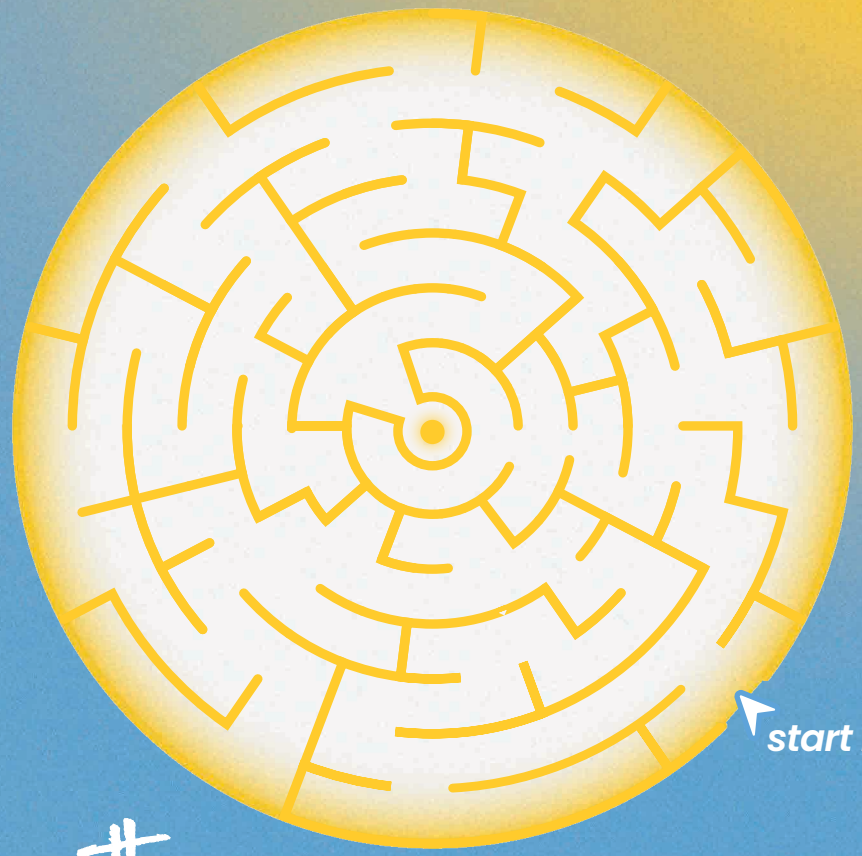
we are Human

sometimes, we also need to let our minds relax.

7		3		8	6		5	2
	9	8		5		3	7	
2		5				6		
9			5				3	6
1	3				8		4	
	7	4		1	3	2		8
8				2				7
3		7	8	4	1		6	9
4	5	1		6			2	

sudoku

a puzzle where players place the numbers one to nine into a 9×9 grid so that each row, column, and smaller 3×3 square contains every number once.



the Labyrinth

there's no straight path to reaching your goals. there will always be obstacles and hurdles along the way.

check your answer here!

i've talked quite a lot already.

now it's your turn to share what you've been through.

by expressing what you've been holding inside, you can ease the burden you've been carrying alone. share your story, what challenges are you facing?

what steps have you taken to overcome them? what kind of support do you need right now? pour out all your thoughts and feelings in the personal space on the right.

everyone has their own way

sleep *my favourite*

coffee

gaming *for the gamers*

exercise

hangout

lounging *best seller*

meditate *works like a charm*

journaling

take a walk

there are many different ways to overcome burnout, and not every method works the same for everyone. what matters most is exploring those options and figuring out which approach feels right for u.

"you gotta try everything until you find something you like."

"Keep up the spirit for all of you who are fighting to face and overcome the burnout you're going through."

author

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